

# Embodiment Intensive: Refining Your Practice as a Somatic Sex Educator

## Core Course 4 Course Outline

Professional Training for Somatic Sex Educators

[somaticsexeducator.com](http://somaticsexeducator.com)



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# Core Course # 4: Embodiment Intensive

## *Refining Your Practice as a Somatic Sex Educator*

This is the **second of two** embodiment intensives in a professional training for somatic sex educators.

This intensive focuses on resourcing students for professional practice. We will continue to layer your personal learnings from Core Courses One through Three with more hands-on practice with real-time feedback. You will learn more about empowering choice and voice, scar tissue and genital dearmouring, orgasmic yoga, erotic massage, anal mapping and massage, and ecstatic erotic massage. You will deepen your understanding and skills in working with trauma, and develop session arcs and plans for clients presenting with common sexual concerns. Each student will also have the opportunity to offer a short workshop and be mentored in the practice of facilitating somatic sex education in groups. We support each other in finding and articulating what somatic sex education means to each one of us, and create marketing materials for our unique practices.

We will begin with creating a “**safe enough**” container. This involves setting community agreements and honing and sharing our intentions, along with exercises to empower choice and voice and create a trauma-aware, intentional erotic learning space. We practice using procedures that demonstrate professionalism, including intake and assessment and peer and mentor supervision. We discuss and offer diverse frameworks for **ethical somatic sex education**.

As in Core Course 2, we will have opportunities to explore the joys and challenges of communal **Mindful Erotic Practice**, always within our personal learning zones.

All activities are done through the lens of **empowering choice and voice**.

Throughout this multi-day **embodiment** intensive we will focus on building core competencies of somatic sex education and integrating the use of core tools in sessions. *Each student is asked to reflect on what core tools and competencies they need to work on, and ask their teachers and fellow students to help them in better using these tools and developing these competencies at the intensive.*

## Schedule

Day 1: Intake conversations, working with trauma, sexual relationship coaching.

Day 2: Genital dearmoring and scar tissue remediation

Day 3: Anal anatomy and mapping

Day 4: Applying somatic sex education to common sexual concerns, developing session arcs and plans

Day 5: Erotic massage, the science of orgasm

Day 6: Ecstatic erotic massage, cultivating erotic trance

Day 7: Harvesting, marketing

## Course Goals

As in all of our core courses, we attend to four levels of skill-building in the embodiment intensive.

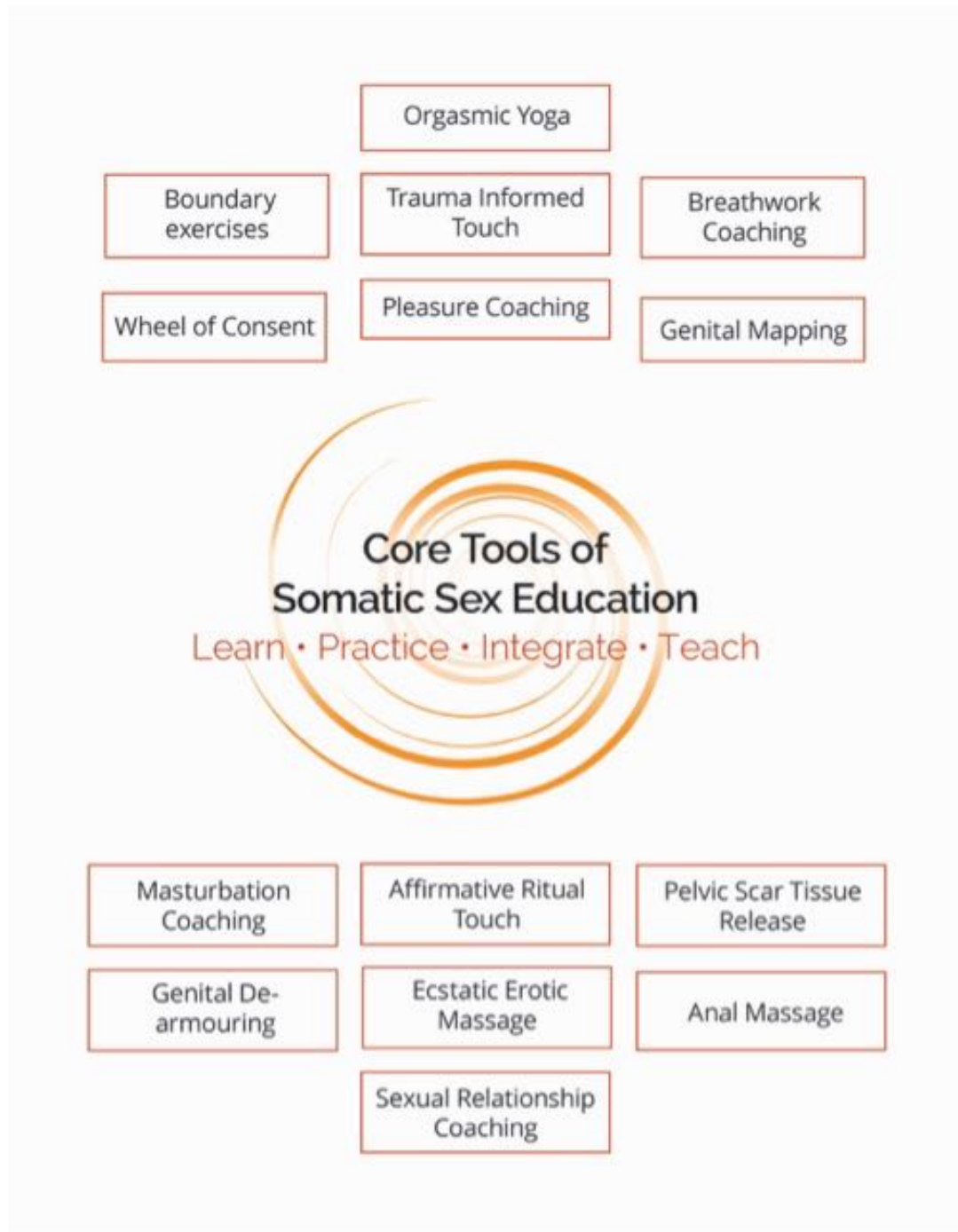
Learning in this course aims to develop:

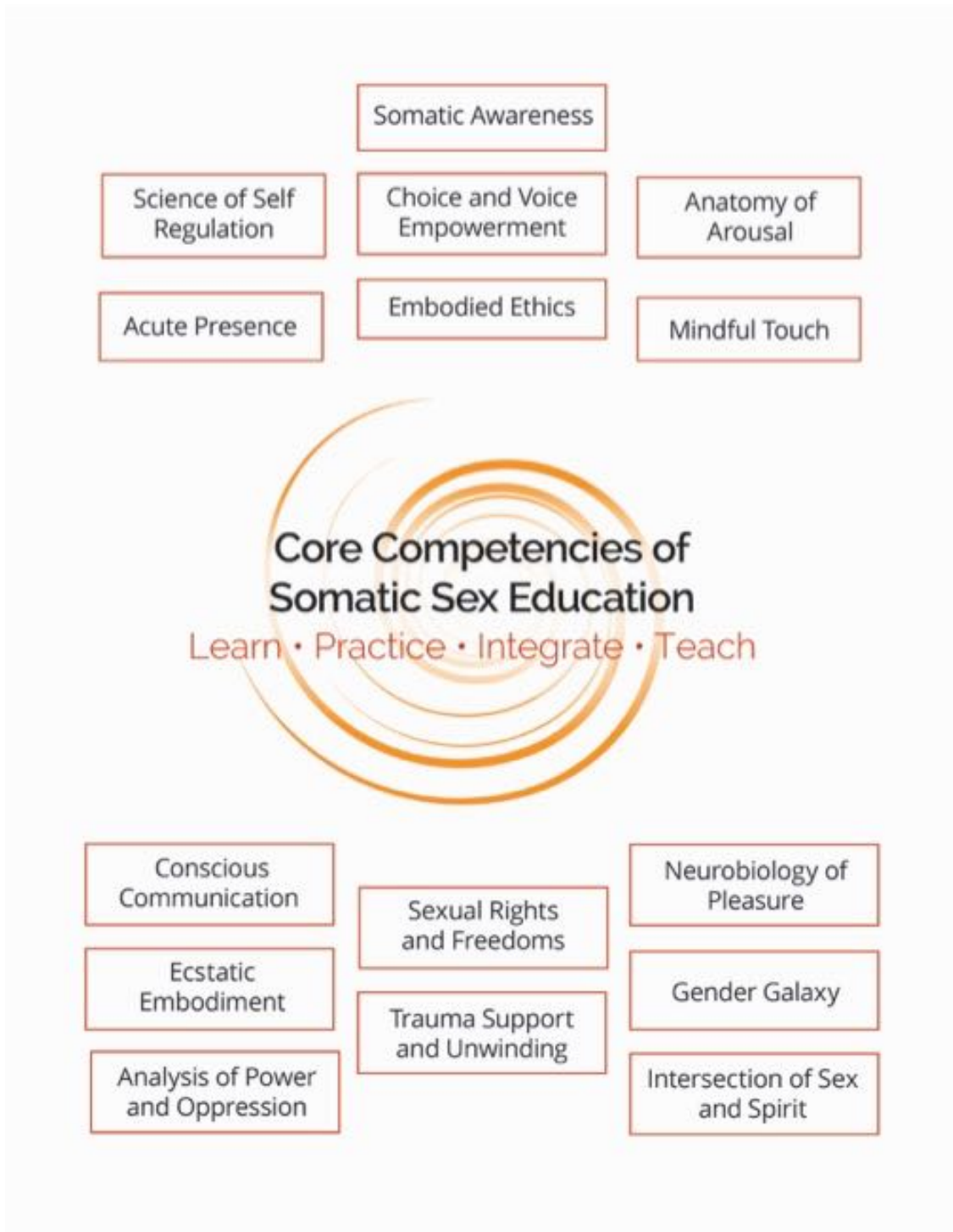
*Modality Skills* in the domain of somatic sex education – including interpersonal neurobiology, mindful erotic practice, gender diversity, vectors of oppression and privilege mediated through sex, genital anatomy and homology and genital mapping, with practice in expanded somatic awareness, presence, autonomic nervous system regulation and choice

*Interactive Skills* for enhancing choice and voice in personal sexual relationships and in empowering client communication around boundaries, desires, and choosing pleasure.

*New Culture Skills* for building individual and community capacity to understand and engage with embodied oppressions that shape our personal and cultural experiences of sex, gender, sexuality and relationship.

*Befriending Skills* for supporting counter-normative practices, joy and creativity, including unlearning perfectionism, embracing failing and messiness, valuing asking for help and honouring complexity.





## Evaluation

Each student is evaluated by criteria including:

- *Quality of work*
- *Quantity of Work*
- *Presence*
- *Response to Instruction*
- *Embodied Ethics*
- *Analysis of Power and Oppression*
- *Conscious Communication*
- *Use of the Core Tools and Competencies of Somatic Sex Education*  
(See the figures on the following pages.)

Evaluation is always interactive in ISSSE programs. Please reflect and discuss with the faculty your own self-evaluation, learning and learning challenges.

## Learning Outcomes

The personal and communal experiences in this embodiment intensive will support students to:

- have tools and techniques for empowering choice and voice in people they are working with
- have a trauma-informed professional practice of somatic sex education
- have supervised practice using Core Tools and Competencies of somatic sex education, including making mistakes and learning from them.
- have experience integrating into somatic sex education techniques for Sexual Relationship Coaching, Myofascial Release (Genital

Dearmouring), Anal Mapping and Massage, Orgasmic Yoga, Erotic Massage and Ecstatic Erotic Massage

- have experience in communal mindful erotic practice
- have experience and mentoring in the practice of offering somatic sex education in groups

## **Community of Practice Video Calls**

Registered students have the opportunity to join a weekly online circle of support for 6 months from the time they register for the CC4 training. These calls are facilitated by a member of the ISSSE faculty. Attendance is optional. The time of these calls is Thursday morning between 9 and 10 am Pacific Time.



From left to right: Corinne Diachuk, Caffyn Jesse and Dr. Liam Captain Snowdon, founders of the Institute for the Study of Somatic Sex Education.

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